



# The Body Bears the Burden: Trauma, Dissociation, and Disease

By Robert Scaer

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**The Body Bears the Burden: Trauma, Dissociation, and Disease** By Robert Scaer

When *The Body Bears the Burden* made its debut in 2001, it changed the way people thought about trauma, PTSD, and the treatment of chronic stress disorders. Now in its third edition, this revered text offers a fully updated and revised analysis of the relationship between mind, body, and the processing of trauma. Here, clinicians will find detailed, thorough explorations of some of neurobiology's fundamental tenets, the connections between mind, brain, and body, and the many and varied ways that symptoms of traumatic stress become visible to those who know to look for them.

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## **Editorial Review**

### Review

"In this groundbreaking integration of neurology, psychology, and evolutionary biology, Dr. Scaer sheds new light on the dynamics of psychological trauma and provides a way to understand and effectively treat its often misunderstood, intractable effects on the mind and body. This book is a must read for medical and mental-health professionals working with patients struggling with everything from anxiety and PTSD to chronic pain, gastrointestinal distress, and a host of other difficult-to-treat medical disorders."

?Ronald D. Siegel, PsyD, assistant clinical professor of psychology at Harvard Medical School and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*

"In *The Body Bears the Burden*, Dr. Scaer boldly demystifies the profoundly debilitating impact of trauma by forcing new conceptualizations that move treatment toward an integrated biobehavioral approach, emphasizing the adaptive functions of our nervous system as it communicates, often outside awareness, between brain and body."

?Stephen W. Porges, PhD, professor of psychiatry at the University of North Carolina and author of *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation*

"Dr. Scaer brings the best of medical science and scholarship to his study of trauma-related disease. He understands the effect of trauma to be its grip on the autonomic nervous system, which alters blood flow, hormonal secretion, and neurotransmitter balances of the brain. This lasting disturbance underlies the majority of diseases listed in the DSM in addition to a large number of baffling medical conditions. This volume is great for the most up-to-date understanding of trauma."

?Louis Tinnin, MD, coauthor of *The Instinctual Trauma Response and Dual Brain Dynamics: A Guide for Trauma Therapy*

"A fascinating and informative book that has the potential to greatly expand awareness of pertinent issues when working with trauma."

?Liz Jeffries, *Private Practice*, Winter 2014

### About the Author

**Robert Scaer, MD**, has practiced neurology and rehabilitation for 36 years. His three books, *The Body Bears the Burden*, *The Trauma Spectrum*, and *8 Keys to Brain–Body Balance*, address the intimate relationship between life trauma and chronic disease, the ubiquitous association of modern society with intrinsic sources of trauma, and the role of somatic techniques for healing trauma.

## **Users Review**

### **From reader reviews:**

#### **Bonita Murray:**

Book is to be different per grade. Book for children until adult are different content. We all know that that book is very important for all of us. The book *The Body Bears the Burden: Trauma, Dissociation, and Disease* was making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The e-book *The Body Bears the Burden: Trauma, Dissociation, and Disease* is not only giving you far more new information but also being your friend when you sense bored. You can spend your own spend time to read your guide. Try to make relationship using the book *The Body Bears the Burden: Trauma, Dissociation, and Disease*. You never really feel lose out for everything if you read some books.

#### **Jeremy Windham:**

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#### **Karl Irwin:**

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#### **James Coles:**

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